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MOVIES

NC College grad set to direct

SARAH FERGUSON
PelhamNews Staff

Like most recent college graduates, Brent Jones is thinking about what he wants to do for the rest of his life.

see MOVIES | page 2



SARAH FERGUSON Staff Photo

Niagara College graduate Brett Jones is headed to Cornwall in July to direct his first feature length movie, Encounter.

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■ **HEALTH CARE:** Welland Hospital Foundation working to obtain digital mammography unit

Socking it to breast cancer



MARYANNE FIRTH Staff Photo

Breast cancer survivors Paula Martin, Pam McIlhorne and Joan Hatcher are co-chairs of Welland Hospital Foundation's Punch Against Breast Cancer campaign to purchase a new digital mammography unit.

MARYANNE FIRTH
PelhamNews Staff

WELLAND — Strap on your boxing gloves — it's time to fight back.

Throw a punch for each mother, daughter, sister and friend who's been forced to battle the invasive disease that claims the lives of too many.

Pam McIlhorne knows firsthand the perils of breast cancer. She also knows the importance of making a pre-emptive strike against the disease through regular screening and early detection.

The 45-year-old is one of three smiling, beautiful faces who have signed on to co-chair Welland Hospital

Foundation's Packing a Punch Against Breast Cancer campaign to purchase a new digital mammography unit.

Joining McIlhorne is Joan Hatcher and Paula Martin, who have both also previously stepped into the ring to show cancer who's boss.

Each woman shared her heart-wrenching story of diagnosis, followed by inspiring tales of survival, last week Wednesday for the campaign's official launch.

Each also offered a plea to the community in hopes of seeing some financial support roll in to help the foundation purchase the much-needed equipment.

The digital mammography

unit will replace the hospital's aging film screen equipment.

It's one of the most advanced technologies available to radiologists and physicians for early detection of breast cancer, said Dr. Rakesh Aggarwal, Welland hospital's chief radiologist.

Digital equipment makes images available immediately, reduces exposure to radiation and offers the advantage of electronic portability, Aggarwal said.

"An image can be sent anywhere in the world and a second opinion obtained at the drop of a hat."

Timing is everything, said Hatcher, who along with her role as campaign co-chair

also works as Niagara Health System's manager of medical affairs.

Prior to her diagnosis, she showed no symptoms. It was through a referred screening, as cancer runs her family, that she learned she had two tumours in her breasts.

She makes no qualms about saying that mammography saved her life.

Through the campaign, Hatcher hopes to stress the importance of regular screening for women.

McIlhorne couldn't agree more, adding that breast cancer "doesn't have to be a death sentence."

see **CANCER** | page 4

■ **MOVIES**

College grad is living out his dream making movies

FROM PAGE B1

But he is taking a different approach to life after post-

secondary education. It's an approach that most people would consider too risky.

Instead of focusing on finding

work to pay off his student debt, Jones is making work for himself while making his dreams come true.

The Niagara College graduate, who just finished the Acting for Film and Television program, is going to make a movie.

But jumping from student to movie director isn't easy, Jones says he recognizes the risk factor in following his dreams instead of looking for a more secure job.

It's absolutely terrifying but it's terrifically exciting," Jones

says of his opportunity to shoot his first full length film.

He admits he is nervous, but Jones says the experience will be an enriching one he'll likely never forget.

"I think if you let an opportunity slide by you, you're not going to get it back again."

The writer and director says his script, which he wrote a year ago, is about four families who encounter an "alien creature." Although the families have never met each other, their lives

become intertwined because of their interactions with this alien.

The working title of the film is *Encounter* and it's loosely based on real life stories he was told by friends.

With fellow acting and television graduate Dominic Gauthier signed on as producer, the Fenwick resident and E.L. Crossley alumni is preparing to commence production on his film in July in Cornwall.

If production goes well, Jones says he hopes to have the film

completed by February and ready for submission into film festivals.

Auditions for *Encounter* were held last Saturday so there isn't much time to prepare, says Jones.

With a modest budget of \$30,000, the film will be shot with a small film crew and actors. About 30 people have volunteered their time and energy into making the movie.

see **MOVIES** | page 4

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LORNE WARD

GYMNASIUM



VICTORIA GRAY Staff Photo

Betty Farrish helped dedicate the gym at E.L Crossley to her partner Lorne Ward who passed away 12 years ago as part of the 50th Reunion celebration.

■ **REUNION:** E.L. Crossley celebrates 50th anniversary by renaming gymnasium

Pelham teacher's memory honoured

VICTORIA GRAY
Tribune Staff

PELHAM — Lorne Ward showed the E.L. Crossley Secondary School community that it's possible to make the world a safer, kinder place to live.

As head of the physical education department from 1960 to 1990 he was fiercely competitive and loved pushing athletes to their full potential. Ward started the high school's tradition of athletic excellence, but he also reveled in teaching athletes to let loose and have fun by pushing a record player into the gym and making students square dance or introducing them to his beloved pastime — golf.

Current staff, former staff, former students, Ward's family and members of the reunion committee gathered in the gym Saturday evening to officially name the gym after Ward as part of the school's 50th anniversary.

“

He would be so pleased to see all these people gathered here and to have his name on the door where he spent a lot of his time on a daily basis."

Betty Farrish

celebrations.

His spouse, Betty Farrish told more than 500 people who attended the ceremony that Ward was unique in a very ordinary way.

"He was incredibly dependable. That's not to say he was predictable, he was incredibly unique and ordinary all at the same time," she said. "He would be so pleased to see all these people gathered here and to have this name on the

door where he spent a lot of his time on a daily basis."

She said Ward's life inspired people and showed them ordinary things can be extraordinary acts.

"His life goes to show that unique people in all their ordinary roles can make the world a safer, kinder place," she said.

Former student and current teacher Sue Kicul said Ward was her teacher and when she brought the idea to rename Crossley's gym in his memory, the committee was very supportive.

"They loved it and students and teachers made the sign right here, so it's really a perfect fit," she said.

The school reunion started Friday and held events until Sunday afternoon when the committee unveiled a 50-year sign in a newly made parkette behind the school.

victoria.gray@sunmedia.ca

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■ **WELLAND RIVER:** Professor suggests entire span of waterway be examined

Stakeholders should be at floodplain table

DAVE JOHNSON
PelhamNews Staff

WAINFLEET — Niagara Peninsula Conservation Authority chair Bruce Timms will try and bring Ontario Power Generation, Welland Recreational Canal Corp. and St. Lawrence Seaway Management Corp. to the table with Welland River Floodplain Association members.

Timms, who attended the association's most recent

meeting in Wainfleet, said he'd heard enough concerns from residents over proposed floodplain line changes along the Welland River from Port Davidson to Welland.

"We will make contact with all three agencies to talk to the about what we heard (at the meeting) and get back to you," said Timms, a regional councillor from St. Catharines.

All three agencies, said association member Bev

Lepard, have an impact on the Welland River, which flows from Hamilton to the Niagara River.

Lepard said siphons under the former and current Welland Canals affect the river when debris blocks them, while Ontario Power Generation causes the river to siphon when it uses the waterway for power generation.

"We're interested in whether the new (power generation) tunnel will affect the

river as well," he said, in front of roughly 125 people inside the community room at Wainfleet fire hall last week.

Residents along the area of the proposed floodplain line change are concerned over development and redevelopment being restricted once new lines are in place.

"If you wanted to build a deck, barn or rebuild your house, you'd have to go through the conservation authority for permission,"

Lepard said.

The new floodplain lines would be further up the riverbanks than the current lines, which were established in 1985, the last time a study was done.

It's estimated, residents heard, that up to 270 properties alone in Wainfleet would be affected.

"There's a potential for reduced property values and it could cause mortgage and insurance problems," Lepard

said.

During the meeting, Slobodan Simonovic, a University of Western professor and recognized watershed expert, spoke about the conservation authority's reports on the proposed floodplain line changes.

Simonovic had a number of issues and concerns with the reports, but felt a mutually acceptable solution could be found if all parties worked together.

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■ MOVIES

Jones hopes website will help raise funds

FROM PAGE 2

To help him fund the project, Jones will be using a website which assists in raising funds for independent films.

The director is offering a chance for people to see their names on the big screen in the credits of the film, as well as T-shirts and statues of the alien creature in his film in exchange for donations to help him make the film. Individuals interested in making a contribution to Jones' film can visit www.jonidjago.com and search for his film Encounter or email him at brent.vauhan.jones@gmail.com.

It wasn't until a few years ago Jones realized he wanted to be in the movie business. While attending a business program at Niagara College, Jones was asked by a student in the

Broadcasting, Radio, Film and Television program to audition for a film and he received the main role in the film.

"I enjoyed it so much I switched programs," he says. Jones describes himself as a storyteller from a very young age.

"I've been telling stories since I was a little kid and people have always seemed entertained by them."

What he enjoys about seeing his stories come to life, is the chance to draw viewers in and cause them to feel for the characters he creates.

"I love peoples' reactions," Jones says of why he enjoys bringing his stories to the screen. "I have no doubt in my mind, I've found my calling."

*sarah.ferguson@summedia.ca
Twitter: s_ferguson25*

■ CANCER

Hospital Foundation has already raised \$39,000

FROM PAGE 2

"If we have the right equipment, the right resources, we can get the job done with less time and greater accuracy."

Since quietly acquiring community partners

last fall, the hospital foundation has already raised \$390,000 of its \$600,000 goal to purchase the equipment. The City of Welland and Town of Pelham have each pledged \$100,000 to the cause, as Township of Wainfleet has committed

\$25,000. Donations have also been made by Caisse Populaire in Welland and Walker Industries in Thorold.

To raise the remaining funds, the hospital foundation is reaching out to the community for support.

Donations can be made at www.wellandhospitalfoundation.com or by calling 905-378-4647 ext. 30000.

As part of the campaign's theme to knockout cancer, the foundation is also selling pink boxing glove key-

chains for a minimum \$5 donation. They're available at the foundation office, as well as the Welland, Fonthill and Wainfleet branches of Meridian Credit Union.

The foundation has also teamed up with Welland

Recreational Canal Corp. and will be selling specially-priced IlluminAqua tickets for June 14 and 15, with a portion of the proceeds going toward the cause. The tickets are available at the foundation office.

■ EDUCATION

College unveils its international centre

VICTORIA GRAY
PelhamNews Staff

WELLAND — The four corners of Niagara College's globe were brought together to help international students navigate life in Canada.

The college unveiled its new international centre last Wednesday evening. The 720-square-metre facility on the first floor of the Simcoe Building will cater to more than 1,700 international students from 68 countries.

In honour of Keith and Sharon Segal's \$500,000 donation, it is named the Segal International Centre. The couple have worked with the college for more than 12 years through the family's insurance company, Guard Me.

Keith Segal said he and his wife made the donation because they believed in the same philosophy as the centre's staff.

"Just the care and concern they show for the (international) students enhances their overall experience," he said. "The acceptance rate is extremely high here and when they come from a different country there is a lot to take in and when the environment it makes a huge difference."

College president Dan Patterson said the centre is another example of the respect the college has in its role in international education.



VICTORIA GRAY Staff Photo

Niagara College unveils the Segal International Centre at the college — a one-stop shop for international student services. College president Dan Patterson, left, thanks Keith and Sharon Segal for their \$500,000 donation that made the centre possible.

"It's part of our value system," he said. "We talk about being linked globally and locally. In today's work you really need to be."

The facility helps centralize offices frequented by international students, such as for international student admissions, finance, mobility, ESL,

advisors, insurance advisors and the college's work abroad programs.

Centre director Sean Coote said the number of international students

has grown substantially in the past few years and the college has spent the past two years planning to centralize services.

The open-concept facility will bring international and local students together and

foster an understanding, friendly environment.

"Having more than 1,700 international students enhanced the educational environment Niagara College students experience," Patterson said. *

"That broadens their horizons and gives them the opportunity to make lasting friends who come from far and wide."

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Big government equals big taxes

Big government equals big taxes. That is a fact of life. Government has no other way of raising funds than rifling through the pockets of taxpayers looking for change to fund itself.

It does make sense — as long as the money is spent wisely.

You can't support the things the Canadian government does — like medical care for all, maintaining the justice system, providing public education and essential infrastructure — and still argue the taxes that underwrite those services are inherently bad.

Again, it's what government does once it has our money that rattles.

Take gas as an example.

The Victoria Day weekend is traditionally a time for Canadians to leave the city and head for the cottage. When you filled up at the pump before departure you probably noticed it wasn't a cheap exercise, but then it never is. Prices vary wildly depending on the time of the year.

The one constant is according to the Canadian Automobile Federation (CAF), you get ripped off well and truly tossed at the pump because of extra levies built into the price no matter when you purchase.

That hidden surcharge is designed to pay for transit and depending on the province can be up to 31% of the price.

The CTF says an average two-car family in Canada yields \$1,260 in gas tax each year, a figure that changes according to where you live.

It's a small amount but when taken nationally it helps deliver \$21.5 billion in taxes on fuel across the nation.

While the CTF has long called for gas taxes to be treated as a user fee and be dedicated to roads, the reality is these taxes are either used to subsidize public transit or just sprayed at another more pressing need.

That makes if an unfair tax scheme when the people who use public transit the least are the ones subsidizing it the most heavily.

In a true user-pays system, that would be reversed and every cent paid in gas tax would be set aside for improving our roads.

Once set aside and used for roads we would all benefit and would all know where our dollars are ending up.

In the end, the answer might be counterintuitive and have less to do with governments taking our money than leaving us with more.

Tax us less so we have more to spend. That creates jobs and helps everyone in society support themselves rather than look for handouts, subsidies and/or assistance. It would also help public transport pay its own way rather than hitch a lift with drivers at the gas pump.

— Simon Kent

comment

■ COLUMN

It's a new chapter in the life of an E-Mum

JESSICA SRIVASTAVA

Excited. Inspired. Happy.

These are all the emotions I am feeling as I re-start this column and blog. I love writing. Anything from marketing pieces to grants to research papers, but what I love most is being able to share my story and just maybe inspire or help someone else on their journey.

When I last wrote this column, I had one son still in elementary school. Today, my eldest son is graduating high school, closely followed by his brother next year.

The boys and I were planning a big trip to Europe, which we did indeed do. We travelled through



Srivastava

seven countries in three weeks, jumping on and off trains, arriving in strange cities with no where to stay, and experiencing some of the most beautiful and historic sites in the world. It is an experience that none of us will ever forget.

Back then, I had also decided to put life on hold and return to

school. Having completed my master's, I have been fortunate to teach at Brock University and Niagara College, something that I truly love. However, that free spirited entrepreneur is rising up, particularly in the face of the ever increasing part time aspect of employment that is facing many today.

So, I am setting out on a new path, a path that maybe familiar to many of you. A path in which I hope to create the personal and work life that I truly want, especially now, as I will soon be an empty nester (although I am warned regularly about the kids return).

With this column I hope to

share my journey as a mum, entrepreneur and community member. I also hope to share the stories of other local business owners and perhaps you, the reader. They say life begins at 40 and while I may be a little older than that, I have a feeling that life is just about to get interesting, again.

Jessica Srivastava is the owner of STRAT C, a company focused on helping small business and non profit organizations. She is also a speaker, trainer and the writer of the blog, Tales of an Entrepreneurial Mum. She can be contacted at stratuscess@gmail.com.

■ TOPIC: INTRO WORDS TO GO HERE

Thank you to everyone who helped make Pelham Art Festival a success

What a wonderful Show! Thank you to the community for your support for the annual Pelham Art Festival held on Mother's Day Weekend. We have many people to thank for making this such a successful show. Artists and guests were awestruck at the transformation of the Pelham arena into a showplace for a wide variety of fine art and a comfortable and welcoming place to visit and enjoy being part of this community.

Guests and artists enjoyed the art, the music, the food and the excitement of being at the 27th annual Pelham Art Festival, a fundraising event for the Pelham Library System and Community Arts programs.

Friday evening was magical with the addition of culinary students from Ecole Secondaire Confederation and Notre Dame College School students in black tie serving food on trays throughout the arena as people were choosing to buy their favourite pieces of art, pottery, glass or jewellery. Saturday and Sunday were equally special for this annual Mother's Day tradition. This year we are pleased to report that sales of art totalled \$46,721 which is the highest total since 2008!

Winners of the 2013 raffie included first prize winner Mary Lynn Schooley who chose "Creation Longs" by Josh Tiesse, second prize, Wendy Arcsott who chose "Duffin's Creek" by Robert Hlirves, third prize,

Jocelyn Angus who chose Early Winter by Dawn Laviole and fourth prize, Dorothy McCarthy, who chose the Segmented Woodturning, by George Wilkinson.

We give special thanks to the 68 artists who rented space and provided 15% of their sales to benefit the Pelham Library system and other art related ventures in the Town of Pelham. Thank you to committee members for giving of their time and talent year round to make this a well respected and organized show. Thank you to about 120 energetic volunteers ranging from student volunteers to people who take time out of their busy days and to retirees who help to set up for the show and to contribute to making the

whole weekend run like a well oiled machine. This year sales at the festival totalled approximately \$46,000 which the highest in the past five years.

Thank you to corporate sponsors including Meridian Credit Union, Niagara Central Hobbies and Art Supplies; The Town of Pelham; Nestlaks; 610 CKTB and EZ Rock 105.7; Internet Access worldwide; Kascabo Vineyards and Winery; and Framcraft Ltd. Your support is very much appreciated. We thank the local businesses that supported us through Art around Town to preview for the show and other local businesses who were Program Guide sponsors.

see LETTER | page 9



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Thursday May 30th 9:30am - 10:30am

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60. For more info, contact (905) 892-2607, ext. 341.

WALKING CLUB - EVERYONE IS WELCOME! - MAY 28TH AND 30TH

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us Tuesday at Pelham Arena from 9-10am and Thursday at Fonthill Bandshell from 9-10:30am. For more information, contact (905) 892-2607 ext. 341.

WOMEN'S OUTDOOR SCRIMMAGES - MONDAYS & THURSDAYS 10:00-11:30 AM (MAY 6 - JUNE 27)

Come out to Centennial Park, 999 Church Street, Farnwick, for a variety of sports including basketball, soccer, softball, ball hockey & ultimate Frisbee. \$6 per session or purchase your 10 + 2 bonus passes for \$60. Passes can also be used for Zumba classes. For more info, contact (905) 892-2607, ext. 341.

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REDISCOVER YOUR BIKE - THURSDAY, MAY 23, 5:30-7:30 PM

It's time to dust off your bike and get riding again! Bring your bike to Café on Main, 1455 Pelham Street, to review equipment safety & fit, mechanical & maintenance considerations, key safety principles, handling skills demonstration and a ride. Ages 9 and up are invited to participate, however ages 9-14 must be accompanied by a participating adult. Registration in advance is required. For more information, contact (905) 892-2607, ext. 347 or sjager@pelham.ca. Information & registration forms are available at pelham.ca

SUMMER PROGRAM REGISTRATION

Registration for the Aquatics programs and Summer Camps is now open. Details and application forms are available at pelham.ca

COMMUNITY EVENTS & NEWS

2013 Rain Barrel Program

We are now taking orders for rain barrels. Cost is \$38 and must be pre-paid at Town Hall; proof of residency is required and maximum 2 rain barrels per household. Limited quantity available. Order yours today! For more information, contact (905) 892-2607, ext. 347 or sjager@pelham.ca.

Pelham Farmers' Market - May 2 to October 24 - Pelham Town Square - May 16 Market Bucks Winner: Margot Fraiser

2013 marks the 10th year for our vibrant Farmers' Market! Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 2 to October 24, 4:30 pm till dusk.

5th Annual Pelham Mayor's Gala - Saturday, May 25

Mayor Dave Augustyn and community volunteers are hosting a night of intrigue and entertainment at "Casino Royale" at Lookout Point Golf & Country Club, 209 Tice Road, Fonthill. Funds raised will support the Riehl Skate Park, the Niagara Centre Skating Club and the Pelham Community Fund as part of the Niagara Community Foundation. Individual tickets are available at Pelham Town Hall for \$135 each.

Sponsorships are also available. For more information, contact (905) 892-2607 ext. 337.

Fonwick's 160th Anniversary Celebration - Saturday, June 1, 10am-11pm

Enjoy a summer's day filled with heritage, activities, music and buskers - all for free. A 'heritage' focus will accompany the celebrations and all in attendance will be able to walk freely on the closed streets.

Participant application and sponsorship forms are available online. Decorations (swags & bows) are still available for purchase on a first come, first served basis. Commemorative bricks may now be ordered to be incorporated into the downtown Farnwick beautification project. For more information, contact (905) 892-2607, ext. 347 or visit pelham.ca

Pelham Summerfest 2013 - Thursday, July 18 until Sunday, July 21

It's never too early to start thinking about Pelham's summer fun festival! Check out www.pelhamsummerfest.ca for updates. Art show, vendor and sponsorship applications are now available online.

NOTICES & REMINDERS

Join the Communities in Bloom Committee

This Town Committee is dedicated to keeping Pelham beautiful and planning events such as Pelham's Annual Garden Tour and Community Participation Days in the Spring and Fall. To join or for more information, contact (905) 892-2607 ext. 341.

Book the Arena Hall or Old Pelham Town Hall for your next function or event!

For more information, contact (905) 892-2607, ext. 347.

List Your Business in the Town of Pelham

Recreation, Culture & Wellness Guide
Fill out a business directory information card with the Town of Pelham by visiting Town Hall or contact 905-892-2607, ext. 315.

Keep Pelham Streets "Lit"

Report any problems you notice with Town streetlights to Public Works at (905) 892-2607, ext. 332. Please remember to provide the pole number for the hydro utility to investigate.

Reminder for Dog Owners

Please note that in accordance with By-Law 97-2010, dog owners and walkers are required to remove all feces left behind on private or public property. Please remember to be responsible and stoop and scoop!

Open Air Burning Permit

Please note that open air burning requires a permit. Cost is \$20 annually. Pick up yours at Pelham Fire Station #1, 1177 Highway #20 West, Fonthill. For more information, contact (905) 892-3943.

BBO Safety Tips

When lighting your propane barbecue, open the lid and strike your match or lighter before turning on the gas. At the start of the season, make sure the burner ports are free of rust and dirt and the burner orifice is clear of dust and cobwebs. Check cylinder connections and hoses for leaks. Never use or store a propane barbecue indoors or in any enclosed space, including a garage. Keep propane cylinders at least 1.5 meters from any building opening.

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PENNY SALE

**COW PLOP
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Friday Night, May 24

5:00pm

The Midway Opens

6:30pm

Lioness Penny Sale in the Clubhouse

Carnival Parade

Begins at Bethany Christian Church, proceeds north on Balfour St., west on Canboro Rd., & south on Church St. to Centennial Park

11:00pm

Midway closes

Saturday, May 25

8:00am-noon

Breakfast served at the Lions Food Booth

12:00-closing

Lioness Penny Sale in the Clubhouse

1:00pm-closing

Midway Rides & Games

2:00pm-4:00pm

Live Plant Auction

10:00pm

Spectacular Fireworks Display

Sunday, May 26

8:00am-noon

Breakfast served at the Lions Food Booth

8:00am-4:00pm

Lioness Penny Sale in the Clubhouse

2:00pm

Cow Plop Lottery Results - Go Bessie!



**Walk for Dog
Guides**

Registration
 Sunday May 26
 10 am - noon
 Centennial Park Fenwick
 Walk begins at NOON
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LETTER

Many helped make festival a success

FROM PAGE 6

We also thank the many other contributors and supporters who donated goods and services to make this fundraising event possible and successful. We thank Arena Staff, Dell, Lewis and Krall Home Health Care; Shoppers Drug Mart, Fonthill; Fonthill Art and Home; Christa Fraser; Coldwell Banker; The Brick Realty Ltd.; Brokerage; Gotcha Covered; Lampman's Furniture; It Just Clicks; Strat Integrated Business Solutions; Pelham Printing; Tallman's Transport; Churchill Natural Meats and Deli Country Corners Meats; Designer Delights; Indulgence Bakery; Klager's Meats and Produce;

Sobey's; Fonthill; A.K. Wigg Elementary School; Ecole Secondaire Confederation Mathieu Cyr and Culinary Arts Students; E.L. Crossley Secondary School; Glynn A. Green Elementary School; Notre Dame College School Students; Gilbert's Flowers; J&J Florists Ltd.; Slappendel Greenhouses; United Floral Distributors; VanVleet Flowers; Vermeer's Garden Centre; VanGeest Gardens; Wierenga Greenhouses; Willowbrook Nurseries; Pelham Art Association Members and Library Staff and Board Members and many committee members and volunteers who also donated goods and services to make this an art festival to remember.

Heidi TeBrake

IN BRIEF

VENDORS NEEDED

The 160th Fenwick Anniversary Committee still needs non-food vendors for the celebration on Saturday, June 1. Applications can be found on the Town of Pelham's website. For more information visit www.pelham.ca or call Jessica Ruddell at 905-982-2607 Ext. 341.

NPC LAUNCHES CONTEST

NIAGARA FALLS — To mark the 125th anniversary of the public opening of Queen Victoria Park, Niagara Parks Commission is launching a 125 Memories

photo contest.

People are encouraged to share their photos of NPC sites on the Niagara Parks Facebook page. Visitors will be invited to vote for their favourite entries.

The top 125 photos will be displayed at the Niagara Parks Floral Showhouse from July to the end of September.

The top five entries will also receive a prize package. The contest ends June 16 and winners will be notified June 19.

Entries can be sent through the Facebook page or by mail to: Niagara Parks Commission, Events Department, P.O. Box 150, 7400 Portage Rd. Niagara Falls, ON, L2E 6T2.

NOTICE OF PUBLIC MEETING

Proposed Regional Policy Plan Amendment (RPPA 1-2013) Urban Area Boundary Modifications for Fonthill Town of Pelham

PROPOSED CHANGE

The Town of Pelham Official Plan was adopted by Pelham Council on April 2, 2012 and approved by Regional Council on Oct. 4, 2012 with new policies and mapping. In the course of the 2012 review of the adopted Pelham Official Plan, it was noted that there were two areas: the western boundary (between Welland Road and Pancake Lane) and the northwest boundary (east of Haist Street) where the location of the Urban Area Boundary differed from the Urban Area Boundary Map contained in the Regional Policy Plan. To ensure alignment with the Town's Official Plan, Regional staff are undertaking an amendment to permit two minor technical modifications to the Region's Urban Area Boundary for Fonthill. The proposed modifications to the Fonthill Urban Area Boundary in these locations will result in a slight reduction (6.5 hectares) in size of the Fonthill Urban Area.

HAVE YOUR SAY

Public input on this proposed amendment is welcomed and encouraged. You can provide input by speaking at the public meeting or by making a written submission to the Region. If you do not express your views through these avenues, you may be forfeiting your right to appeal Council's decision to the Ontario Municipal Board.

PUBLIC MEETING

This public meeting is being held under the provisions of Section 17 of the *Planning Act* at the following time and place:

DATE: Wednesday, June 12, 2013
TIME: 1 p.m.
LOCATION: Niagara Region Headquarters
 Campbell West
 Council Chamber
 2201 St. David's Rd.
 Thorold, ON

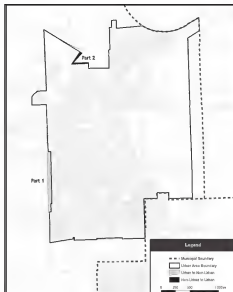
WRITTEN SUBMISSION

To provide input in writing or to request personal notice if the proposed change is adopted, please send a letter c/o Regional Clerk, Niagara Region, 2201 St. David's Rd., P.O. Box 1042, Thorold, ON L2V 4T7, or email janel.pilon@niagararegion.ca.

MORE INFORMATION

For more information about the proposed Amendment please contact Brian Dick, Senior Planner, MCIP, RPP by phone at 905-685-4225, ext. 3365 or email brian.dick@niagararegion.ca.

A copy of the proposed Amendment and information and materials related to the Amendment are available for inspection in the Integrated Community Planning department at the above address Monday to Friday between 8:30 a.m. - 4:30 p.m. and at www.niagararegion.ca.



If you require any accommodations for a disability in order to attend and participate in meetings or events, please let us know in advance so that arrangements can be made in a timely manner. Special accessibility accommodations and materials in alternate formats can be arranged by contacting the Niagara Region's Accessibility Advisory Coordinator at 905-685-4225 ext. 3252 or accessibility@niagararegion.ca.

LEGAL NOTICE

Section 17 of The Planning Act

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Regional Municipality of Niagara before the proposed official plan amendment is adopted, the person or public body is not entitled to appeal the decision of the Council of the Regional Municipality of Niagara to the Ontario Municipal Board.

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Regional Municipality of Niagara before the proposed official plan amendment is adopted, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there are reasonable grounds to add the person or public body as a party.

If you wish to be notified of the adoption of the proposed Policy Plan Amendment, you must make a written request to the Regional Clerk and such request must include the name and address to which such notice should be sent.

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■ AUTOMOTIVE:



Members of the Lions Road Club gather at the Riverstone Event Centre in Welland to celebrate their 50th anniversary.

SARAH FERGUSON Staff Photo

Car club celebrates 50th anniversary

SARAH FERGUSON
Tribune Staff

PELHAM — It was a night to remember all the fun, the friendships and the speed of the cars.

John Delgaty met with about 17 former members of the Ponthill Road Lions Car Club Thursday night at the Riverstone Event Centre in Welland for the club's 50th anniversary.

Many of the club's members haven't seen each other

for decades and the time has "blown by," Delgaty says.

Before the club started, youth could regularly be seen standing on downtown street corners. They weren't causing problems, says Delgaty, but they needed something to occupy their time.

The Lions took notice of these teens in 1963 and found a solution. The club donated an old horse stable formerly used by the the Ram Rods Car Club of Ponthill.

The youth would transform

the vacant horse stable into a facility to start a new car club.

However, there were a couple of stipulations. The youth could use the facility but they were required to pay a rental fee of \$1 each year and were expected to volunteer for the Lions Club.

In honor of the Lions Club and its members, the new car club decided to name themselves the Ponthill Road Lions Car Club.

The club members had to support themselves over the

years so they organized fundraisers such as scrap metal drives, says Delgaty.

During the club's heyday, the youth built their own club drag racing car—a 1955 Chevrolet.

The car club removed the body from its frame, cleaned and sandblasted its parts, and installed new brake lines, hoses steering components.

The club dubbed their bright blue Chevy "Quick as a Wink" and they raced it throughout Ontario and

western New York, winning gold on "many occasions."

Delgaty felt it was important to try to find 34 former club members who are now scattered across Canada and the U.S.

It wasn't an easy task but it was an important one, says Delgaty, who spent time searching through telephone directories, and the Internet.

"The nucleus of the club was our passion for the automobile. Young fellows from all walks of life gelled and

today we have wonderful friendships and memories of our time spent as members of one of Ontario's most active and well-known car clubs."

The car club disbanded in 1973 and Delgaty says he isn't sure what happened to the club's Chevy.

"Quick As a Wink has never been located, but members feel that it's still in the Niagara Peninsula."

sarah.ferguson@sunmedia.ca
Twitter: s_ferguson25

■ WIND TURBINES

'If we don't negotiate, we don't get what we want'

DAVE JOHNSON
PelhamNews Staff

WAINFLEET — A wind energy company looking to install five three-megawatt turbines on private lands wants to meet with the township.

Mayor April Jeffs said Niagara Region Wind Corp. wants to talk out establishing a vibrancy fund as it gets ready to put up the massive turbines in the northwest area of Wainfleet.

Jeffs said a bargaining committee of herself, a representative from the township's law firm and a council representative would be put together to deal with the company.

Both Alds. Betty Konc and David Wyatt volunteered to be on the committee. Konc withdrew in favour of letting Wyatt be the council representative along with the mayor.

Township CAO Scott Luey said the company reached out to Wainfleet to talk about road use agreements.

"We've learned wind companies have come to agreements in other municipalities over access to roads, putting down transmission lines and culverts. If we allow access to our road allowances for their

work, we could charge them a fee to do that or make rule and restrictions as to what they can do," said Luey.

He said a vibrancy fund, which would see the wind energy company give money to the township for the agreements, could be used for whatever Wainfleet wants.

"Lincoln has an agreement for where transmissions lines were placed and how much it was compensated for those lines."

Jeffs asked whether the township has to negotiate with the company over the agreements.

Luey said no, but added legal advice from the township lawyers said the wind energy company has the right to use the roads.

The township is in front of the Ontario Energy Board now in regards to use of a road allowance needed by IPC Energy and Wainfleet Wind Energy Inc. for its wind turbine project in the Station Rd. area. Wainfleet denied the company use of a side road and were taken to the energy board.

"If we don't negotiate, we don't get what we want," Luey said.

NOTICE OF PUBLIC MEETING

Proposed Regional Policy Plan Amendment 190 (RPPA 190) To Permit an Expansion to the Existing Sawmill Golf Course for the Purpose of a Golf Practice Facility

PROPOSED CHANGE

An application has been received from Sawmill Golf Limited to amend the Regional Policy Plan (RPP) to permit a golf practice facility on a 6.5 hectare (16.1 acre) parcel of land abutting Sawmill Golf Course in the Town of Pelham. The application proposes to amend the Regional Policy Plan to permit this use. The applicant has also requested amendments to the Town of Pelham Official Plan and Zoning By-law to permit this use. The subject site is located to the east of the existing Sawmill Golf Course at the southwest corner of Maple Street and Sawmill Road. The map below shows the location of the proposed practice facility.

This application pre-dates the Places to Grow Plan, the Greenbelt Plan and the Provincial Policy Statement (2005). Its merits will be evaluated against the Provincial Policy Statement (1997) and the Regional Policy Plan. The amendment will need to satisfy Policy 6.A.8 of the Regional Policy Plan, in particular.

HAVE YOUR SAY

Public input on this proposed amendment is welcomed and encouraged. You can provide input by speaking at the public meeting or by making a written submission to the Region. If you do not express your views through these avenues, you may be forfeiting your right to appeal Council's decision to the Ontario Municipal Board.

PUBLIC MEETING

The public meeting is being held under the provisions of Section 17 of the Planning Act. No decision will be made at the public meeting; this meeting is an opportunity for public input only. The meeting will occur at the following time and place:

DATE: Wednesday, June 12, 2013

TIME: 1 p.m.

LOCATION: Niagara Region Headquarters – Campbell West Council Chamber
2201 St. David's Rd.
Thorold, ON

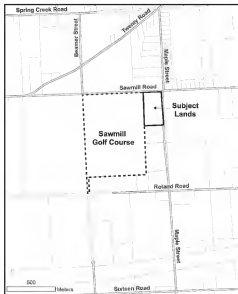
WRITTEN SUBMISSION

To provide input in writing or to request personal notice if the proposed change is adopted, please send a letter c/o Regional Clerk, Niagara Region, 2201 St. David's Rd., P.O. Box 1042, Thorold, ON L2V 4T7, or email janet.pilon@niagararegion.ca.

MORE INFORMATION

For more information about the proposed Amendment please contact Kelly Martel, Planner, by phone at 905-685-4225, ext. 3378 or email kelly.martel@niagararegion.ca.

A copy of the proposed Amendment and information and materials related to the Amendment are available for inspection in the Integrated Community Planning Department at the above address Monday to Friday between 8:30 a.m. and 4:30 p.m. and at www.niagararegion.ca.



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LEGAL NOTICE

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If you wish to be notified of the adoption of the proposed Policy Plan Amendment, you must make a written request to the Regional Clerk and such request must include the name and address to which such notice should be sent.

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■ ENVIRONMENT



SARAH FERGUSON Staff Photo
Pictured from left to right Shannon Mossey, Blake Montgomery, Matt Lewis, Allison Forrest, Alex Felesko, Jon Kalchman and Marissa Fang enjoy the new outdoor classroom at E.L. Crossley.



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Crossley recognized for eco-friendly efforts

SARAH FERGUSON
PelhamNews Staff

Good planets are hard to find.

That six-word phrase, which can be read on posters hung in the halls of E.L. Crossley, are meaningful to the students and staff see read them every day.

That's because they don't just talk about how to become more eco-friendly, instead they lead by example.

Five years ago, these words launched a Green Revolution, a transformation initiated during the school's first year as part of the EcoSchools Program, says Crossley teacher Sharon Keller.

EcoSchools is an environmental education and

certification program for students in kindergarten to Grade 12 that develops responsible citizens and reduce the ecological footprint of schools.

Schools are given gold, silver and bronze certifications. As part of the program, E.L. Crossley has received a gold EcoSchools certification for the past three years for their commitment to helping the environment, says Keller.

The school's eco-friendly projects include improving the recycling program by putting blue, grey and paper bins in every classroom, as well as replacing a dumpster with a cardboard skip. Green bins were introduced in the school's cafeteria and cell phone recycling was

implemented to raise funds for the purchase of replacement filters for the school's bottle filling stations.

With the aid of four water bottle filling stations, with a fifth station on the way, Crossley students have helped to divert 170,000 bottles from the landfill.

Last year, Crossley became the second Canadian school to join the Global Ozone Project, an international project that students around the world collect data to help establish a global ground level ozone data bank.

The projects are part of the school's five-year greening plan that finishes this spring.

see **CROSSLEY** | page 18

■ ART

Renown artist teaches in Pelham

VICTORIA GRAY
PelhamNews Staff

Life needs organization.

It needs different dimensions like contrast, unity and repetition to flow properly and so does a painting.

That's what Jane E. Jones, a seven signature watercolour and acrylic artist from Dallas, Tx. taught artists at the Fonthill Public Library in Pelham during a five-day workshop that spanned the long weekend.

"A painting is just like your life," she said. "It's how you feel about life."

About 15 people signed up for the class hosted by the Pelham Art Association meant for serious artists at all levels. Jones' class teaches artists about design and composition — basically how to organize shapes on paper or canvas through line, space and repetition, unity and many other concepts.

"They want to be the best artists they can possibly be," Jones said. "I'm basically teaching them how to follow their own vision and their own feelings."

The 79-year-old has taught art classes all over the world including Germany, Mexico, Switzerland and all over the U.S.

The long-weekend workshop marks her third class in Pelham.

She said she never stops researching and learning about the principals of art to improve her own art and she gives everything she knows to her pupils.

"Life is a constant learning experience," she said. "If you stop learning you're done mentally."

She continues to teach for many reasons — one of them is the people she meets. She said she learns a great deal from students and enjoys getting to know them.

"The people here bring me back," she said. "They are very serious about their work."

Pelham resident Deedee Alexandre doesn't think of herself as a professional painter, but she feels like she is learning a lot about how to take her talent to the next level.

"It's sharpening my intuitive skills," she said. "It's really sticking with me."

The class is fully booked, but the art association hosts weekly drop-in workshops at the library on Thursdays from 1 p.m. to 4 p.m. and 6 p.m. to 9 p.m.

victoria.gray@sunmedia.ca



Jane E. Jones, left, a world renowned artist from Dallas, Texas taught a five-day artistic design workshop at the Fonthill Public Library for serious artists at any level, like Deedee Alexandre.

VICTORIA GRAY Staff Photo

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\$157 BI WEEKLY** AT 1.90%
84 MTHS AT 0%
STOCK #2288 - MODEL 1289

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EARN 1,000 AIR MILES* REWARD MILES
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\$24,675 BI WEEKLY** AT 1.1%
84 MTHS AT 0%
STOCK #2288 - MODEL 1289

2012 CANYON SLE CREW CAB
STOCK #2288 (4.99% VARIABLE, 72MTHS)
\$25,999 BI WEEKLY** AT 1.1%
84 MTHS AT 0%
STOCK #2288 - MODEL 1289

2011 IMPALA LT
STOCK #2288 (4.99% VARIABLE, 72MTHS)
\$14,675 BI WEEKLY** AT 1.1%
84 MTHS AT 0%
STOCK #2288 - MODEL 1289

2011 TERRANO SLE FWD
STOCK #2288 (4.99% VARIABLE, 72MTHS)
\$21,999 BI WEEKLY** AT 1.1%
84 MTHS AT 0%
STOCK #2288 - MODEL 1289

2010 COBALT LT
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■ PAUL BRAY AWARD



STAFF PHOTO

Centennial Secondary School student Sarah Alakas had been named the recipient of the 2012 Paul Bray Memorial Student Volunteer Award. The award is presented by the Fonthill and District Kinsmen to a student at a Welland or Pelham high school that has outstanding volunteerism.

Paul Bray Award to Centennial student

SARAH FERGUSON
PelhamNews Staff

WELLAND — Sarah Alakas says she thinks youth can make positive change in the community which is why she leads by example.

Alakas remains active in the community through her work with the Mayor's Youth Advisory Council in Welland.

"I try to help out where I can," Alakas says.

When people think of volunteering, they think of it as if it's work, but being involved in the community doesn't have to be, says Alakas.

"You have to find something you are passionate about. Finding the thing you love will make you want to do it."

As an aspiring teacher who plans to head to Queen's University to study concurrent education this fall, Alakas looks for all the opportunities she can to work with children.

She participates in a variety of community events which include March Break and Family Day activities, the first Earth Day Extravaganza as well as with the YMCA.

It's for her efforts to improve the community that the Grade 12 student has been chosen as the recipient of the 2012 Paul Bray Memorial Student Volunteer Award.

The award, in memory of former Welland resident and Fonthill and District Kinsmen Paul Bray, recognizes volunteerism of students attending a high school in Welland or Pelham, says

Kinsman Kevin Twomey.

As the winner of the award, Alakas will receive \$1,000 which will be donated to the charity of her choice.

For Alakas, choosing where to donate the money was easy, she has decided to give it to the Friday Nights Out program hosted for youth at Eastdale Secondary School.

"The program gives youth a safe place to hang out," Alakas says of Friday Nights Out.

The contribution the Fonthill Kinsmen will make in her name is one year of funding for the program.

"I feel so honoured," says Alakas of receiving the award. After finding out she would receive the award, Alakas set out to learn more about who Bray was.

"He (Paul Bray) was a real pusher for change."

"It's always difficult because there are so many individuals to choose from," Twomey said of selecting a recipient for the award.

"It's really incredible how much our youth are doing for their community."

Because nominations have been overwhelming, Twomey said the Fonthill Kinsmen Club has decided to give the award out every year as opposed to every two years.

Alakas will be recognized by the club on June 4 when the Fonthill Kinsmen host a banquet and present her with a plaque on June 4.

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Twitter: s.ferguson25

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Technology class responded to design challenge

FROM PAGE 12

Part of the plan includes the installation of a second outdoor classroom, which was a student driven initiative, says Keller.

The new classroom was a combination of designs created by Grade 12 students Joel Cornelius and Ricky Fennema.

Keller says a technology class was challenged to come up with designs and students voted on the best ones.

"Joel and Ricky's designs were chosen and the boys

worked together to combine their designs."

Grade 12 student Ashley Lesso signed on to create detailed drawings of the designs so the school's construction students and horticulture students could bring the project to life.

Native gardens, 12 fruit trees and 16 native trees will increase shade while giving students a cool place to study.

"When we first started five years ago, we didn't have an environmental club," says Keller of Crossley's eco-

friendly transformation.

Now maintaining the health of the earth has become a "main component" for the school's curriculum.

For its efforts, Crossley was awarded \$25,000 from Staples. Crossley was one of 10 schools across Canada to receive the award, and was one of two schools in Ontario, Keller says.

The money will go toward audio visual equipment for the school's new lecture hall.

Sarah.ferguson@sunmedia.ca
Twitter: s.ferguson25

Rollin' out the 'Stang



SARAH FERGUSON Staff Photo
Lions Road Club member Don Fraser drove his 1966 Corvette to the club's 50th reunion party held at the Riverstone Event Centre in Welland.

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**SATURDAY
MAY 25**
PLANT, LAWN AND BAKE SALE
hosted by Pelham Horticultural Society from 9 a.m. to 11:30 a.m. at Fonthill branch, Royal Canadian Legion, Regional Rd. 20. Rain or Shine.

**SUNDAY
MAY 26**
CALLING ALL PIE LOVERS
Arabella's Tea Room volunteers are welcoming everyone to the annual Pie Social and History Fair for pie, fun and springtime festivities; noon to 4 p.m. Admission is free. After Edwardian tea served with homemade pie, stroll around the museum's heritage village to see

blacksmithing, Niagara Antique Power Association displays, and demonstrations of spinning and tating. Shop for perennial plants and find treasures at the Towpath Treasures Flea market. Print your own bookmark on a heritage press, bring children for activities in the schoolhouse and visit with interpretive staff from Old Fort Erie. 280 King St.

**MONDAY
MAY 27**
HORTICULTURAL MEETING
hosted by Pelham Horticultural Society meeting at Fonthill Library. Looking for ideas for your garden? Come and hear Jeff Bokma, Vermeers' Garden Centre, and find out All About Hydrangeas. 7:30 p.m. New members and guests welcome.

ONGOING LISTINGS

CALLING ALL FINE ARTISTS
Second annual Art in the Park, juried fine art show, Pelham Peace Park, Fonthill, July 18 to 21. Application

forms at www.patriciahaftar.com and www.pelhamsummerfest.com.

KNIT WITS
Work on your present project while spending time with other knitters. All levels. Crocheters welcome. Knitting tips will be shared at each session. Fridays from 1 to 3 p.m. \$2. Drop in. Pelham Public Library.

MEDITATION MORNINGS
Marcia leads you through different types of meditations for stress relief and focus. Great for beginners and those who have meditated before. For fun, learn the meaning of symbols from your creative visualization. Bring a pen and notebook. \$3. Register ahead. May 25 and June 8 from 10:15-11:30 a.m. Pelham Public Library.

DROP-IN BRIDGE
Every alternate Wednesday from 1 to 3 p.m. Come alone or with a friend. Refreshments. Monthly schedule available

at front desk. Pelham Public Library.

GADGET CLINIC
Get matched with a volunteer tech tutor for one-on-one help and training. Includes use of laptop or BYOC (bring your own gadget). Saturdays from 10 a.m. to 1 p.m. \$5 per 1/2 hour. Please register ahead in person to reserve your space. Pelham Public Library.

HEARING CLINIC
Connect Hearing will be at the Fonthill Branch giving free hearing screenings and answering any questions about hearing issues. Free but please schedule your appointment ahead at 905-

892-6068. June 24 from 10 a.m. to 1 p.m. Pelham Public Library.

BELLEROPHON DRUM
and Bugle Band practices Monday nights 7 to 8 at Royal Canadian Legion Branch 4, Morningstar Ave.. All welcome.

BOWEN ROAD WOMEN'S
Institute meets third Thursday of the month at People's Memorial Church, Ridgeway, at 7 p.m.

ST. ANTHONY'S
Croatian Church is selling frozen apple and cheese strudels. Please call 905-735-6159.

CHESS CLUB
meets Thursdays at Welland

Tennis Club, 45 Hooker St., 7 p.m. to 11 p.m. Everyone welcome. Call 905-734-6533.

WELLAND FRIENDLY CLUB
seniors bingo, every Wednesday at 1 p.m. at Wesley United Church, 244 First Ave. N. Everyone welcome.

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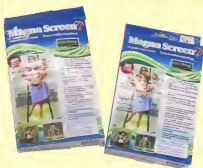


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Pictured in this photo are members of the Pelham Historical Society. The photo was taken some time during the 1980s. Do you know who any of these people are? If so, send an e-mail to pelhamhistoricalimages@yahoo.ca.

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ZOSTAVAX: PREVENT SHINGLES BEFORE ITS TOO LATE!

Shingles is caused by the same virus that causes chickenpox (varicella-zoster virus). After the chickenpox blisters heal, the virus remains dormant in nerve cells in your body; it can become reactivated after many years resulting in shingles. It is not known exactly why the virus becomes reactivated, however it is thought that having a weakened immune system along with physical trauma, UV light or stress may play a role. The risk of developing shingles increases with age and people over 50 years old are at the greatest risk. The symptoms include a painful, blistering rash that often breaks out in one part of the body, usually the chest or upper back are involved. Sometimes the pain resulting from shingles can last for weeks, months, or rarely years, after the rash heals. This lasting pain has been described as burning, aching, throbbing or stabbing and can result from something as little as a breeze or the touch of clothing on the skin. Older people are again at greater risk. Shingles may also result in skin infections at the site of the rash or scarring following healing of the rash.

Fortunately, a vaccine is now available to boost your immune system and help to prevent shingles and its complications. It is called Zostavax and is available to adults over 50 years old. The vaccine cannot be used if you are already experiencing symptoms of shingles; it is only used for prevention. The vaccine is given as a single dose by injection just under the skin of the upper arm by a doctor or trained nurse. As all medicines and vaccines can have side effects, some people may experience redness, pain, swelling, or bruising at the site of injection or headache. These are the most common unwanted effects, but they are usually minor. This vaccine was found to reduce the risk of developing shingles by about 50-70% (depending on your age) within the first year after receiving the vaccine.

Zostavax must be stored frozen below -15 degrees Celsius until the day it is to be used. Only a few pharmacies currently have the correct storage facilities for this vaccine to be able to stock it. Zostavax is available from all of the Boggio Family of Pharmacy locations.

Zostavax is safe for most people, however it should not be used by anyone who:

- is allergic to zoster vaccine or to any of the ingredients of the medication (including gelatin)
- is pregnant
- Has a weakened immune system (e.g., due to cancer, HIV/AIDS, problems with bone marrow, or other immune system problems)
- Has active untreated tuberculosis
- Has had a serious allergic reaction (hives, face swelling, difficulty breathing) to neomycin
- Takes high doses of steroids (e.g., prednisone, methylprednisolone) by injection or by mouth

Since this is a relatively new vaccine, it is not known if it will provide protection from shingles for longer than 4 years.

Talk to your doctor or pharmacist for more information and advice about shingles and to find out if the Zostavax vaccine is right for you.

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Happy Mother's Day



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Gerber Daisies were given to mothers of all ages at the Pelham Farmers Market on May 9 in honour of Mother's Day. Ana and Michael McKnight with their daughter Locklyn enjoyed the market and took home a daisy.

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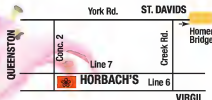
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■ **REDISCOVER YOUR BIKE:** Event part of Road Safety Week in Pelham

SARAH FERGUSON Staff Photo
Pelham Active Transportation Committee member David Hunt will teach residents proper bicycle safety during the Rediscover Your Bike event.

Cyclists reminded of expiry dates

SARAH FERGUSON
Tribune Staff

PELHAM — Cyclist David Hunt knows a thing or two about bicycle safety.

He has experience navigating busy streets as he used his bike to get around in Toronto while he was living there.

The first time Hunt sat on his bike and took off to ride to his destination he was overwhelmed by the large volume of traffic, the sights and the sounds.

"I thought, 'Uh oh, what am I going to do?'"

But after taking a cycling safety course, the Pelham resident felt secure travelling in the big city to get to and from work.

He says cycling in a large city is no different than cycling in a rural area. Whether on a busy road or a quiet street, Hunt says, every cyclist needs to care of his or her bicycle, check equipment regularly and know the rules of the road.

Most importantly, Hunt says, cyclists need to be aware of what's going on around them at all times.

In observance of Road

Safety Week in Pelham — May 16 to May 23 — the Pelham Active Transportation Committee is offering Rediscover Your Bike. The event will be held May 23 in the parking lot at Cafe on Main on Pelham St.

The goal of the event, Hunt says, is to teach bicycle safety while encouraging people to feel confident at the same time through demonstrations followed by a 45-minute ride downtown.

The bicycle safety workshop will be held from 5:30 p.m. to 7:30 p.m. and registration is available online by visiting www.pelham.ca.

Members of the active transportation committee, including Hunt, will address basic principles of performing a bicycle check, legal requirements for cyclists, and safety equipment.

What many people don't realize, say Hunt, is that helmets have expiry dates.

"It's important to check expiry dates which are one inside of helmets because over time they deteriorate. The sun shines down on helmets and the Styrofoam inside doesn't hold up well over time."



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wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking

anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."

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